

Asthma awareness years 1-13

A suggestion for implementing the strategy
'Create inclusive learning environments '
from the Guide: [Asthma and learning](#)

Includes:

- Health and PE years 1-12
- Role play
- Learn through literacy
- Supporting adolescents
- Relating to others
- Useful resources

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From

Guide: [Asthma and learning](#)

Strategy: [Create inclusive learning environments](#)

Suggestion: [Asthma awareness years 1-13](#)

Date

13 October 2021

Link

inclusive.tki.org.nz/guides/asthma-and-learning/asthma-awareness-years-1-13

Health and PE years 1–12



Source:

[Ministry of Education](#)

<https://nzcurriculum.tki.org.nz/The-New-Zealand-Curriculum/Health-and-physical-education/Achievement-objectives>

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Role play

Making and sharing short videos or doing role plays enables students to understand asthma, support their peers, and make safe decisions.



Video hosted on Youtube <http://youtu.be/cindluEMOU>

No captions or transcript

Source:

[asthmaFreeSchoolZone \(US\)](#)

<https://youtu.be/cindluEMOU>

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Learn through literacy

Stories supported by downloadable lesson plans.

- [Asthma – School Journal](#) (L2) an article explaining an asthma attack and a child's experiences
- [Breathless – School Journal Story Library](#) (L3) a fictional narrative about a boy who suffers from asthma
- [Sensing data – Connected](#) (L4) an article describing how Christchurch is becoming a safer city for people with respiratory disorders

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Supporting adolescents

Many adolescents are embarrassed about having asthma and using medication, particularly around their friends and peers.

Build students' competencies in managing their own health by:

- ensuring students know how and when they can seek help
- ensuring confidentiality
- using subjects such as English, science, history, health and PE, to explore concepts of hauora
- identifying safe, accessible spaces that students can access if needed for taking preventer medication or doing calm breathing exercises
- reminding students of where and how to access onsite health professionals.

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Relating to others

10%
OF US HAVE
ASTHMA
USING HAIR BODY &
DEODORANT SPRAYS
**IN CONFINED
SPACES**
CAN TRIGGER
ATTACKS
THIS MAKES IT
HARDER
TO BREATHE
AND CAN BE
LIFE THREATENING
PUT THE SPRAY AWAY
SO WE CAN ALL
BREATHE
A LITTLE EASIER
asthmaaustralia.org.au

Good game.
Blood pumping. Head pounding.
Sweat dripping. Changeroom.
Sssssspraaaaaaay.
Deep breath.
Chest tightening. Panic. Airways constricting.
Can't breathe. Oxygen dropping...
Game over.

Your hair or
deodorant spray
could trigger an
asthma attack.

Put the
spray away,
so we can
all breathe
easier.

Asthma
Australia

asthmaaustralia.org.au

Asthma
Australia

Source:

Asthma Australia

<https://asthma.org.au/>

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Useful resources



Health and physical education:
Achievement objectives

Publisher: Ministry of Education | Te Tāhuhu o te Mātauranga

[Visit website](#)



Healthy breathing and asthma activity
booklet

Publisher: Otago University

[Download PDF \(4.7 MB\)](#)



Sailor Asthma Show

Publisher: SET-BC (Special Education Technology British Colu

[Visit website](#)

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